

# **Megabrain** ***MEGABRAIN XP***



## ***USER'S HANDBOOK*** ***ENGLISH***



*WITH MEGABRAIN UNITS, YOU CAN DEVELOP YOUR MENTAL POWER*

***MAKE GROW YOUR BRAIN!***

## USER'S HANDBOOK



A WORLD IN YOUR HANDS

**USER'S HANDBOOK  
IN ENGLISH  
FOR MENTAL TRAINERS  
MEGABRAIN  
MODELS:**

**BRAIN XP  
BRAIN XP2  
BRAIN XP3**



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*We thank you the acquisition of the **Megabrain** synchronizer:*

*This unit is built by means of a strict control of quality and inspection.*

*If you have the suspicion of an incorrect operation, contact your supplier or with an authorized representative as soon as possible.*

*To take out the maximum profit of this product, read the instructions carefully before putting into operation the unit.*

## 1- MEGABRAIN CONCEPT AND PHILOSOPHY – MEGABRAIN XP SERIES

Thank you for purchasing a mental coach Megabrain BRAIN XP. Regularly use this technology will make the time to devote to improving your physical and psychological state is maximized in its programming and operating systems have incorporated the latest findings on neurologic technology.

When you reach the threshold of brain synchronization, we use the two hemispheres, leading to a higher brain capacity, a different environment and openness to a new way of thinking.

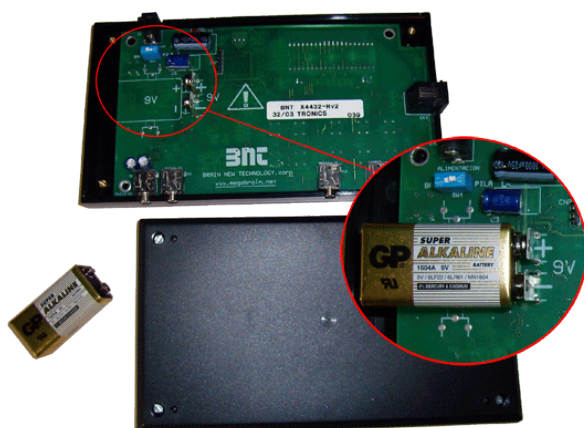
## 2- CONTENT OF THE MEGABRAIN UNITS - MEGABRAIN XP SERIES

Each unit Megabrain BRAIN XP consists of the following elements:



- Briefcase transport anti-shock
- Basic unit of control, digital display, luminous witnesses.
- Special glasses with red high-brightness LED
- Stereo Headset
- 12 volt power supply
- Audio input cable connection
- Biofeedback sensor system adaptable to the fingers (**only XP3**)
- Instruction Handbook
- Works with 9v

- batteries (**not included**)
- 2 years warranty (**does not cover accessories, only control unit**)
- **Note: The CD's of courses are optional and are not included in the unit**



If you want to operate the unit with batteries, you must unscrew the back cover and see the place to insert the battery and a switch with two positions (BAT and PILA) battery must be in position for PILA and current position BAT. The batteries should be used only in special circumstances because as subject to wear, could alter the sound frequencies and therefore the effectiveness of the programs..

### 3- APPLICATIONS OF MEGABRAIN XP SERIES

- Personal use to obtain statements to enhance relaxation and concrete objectives.
- Supplement for medical, psychiatric, psychological and pedagogical.
- To enhance skills in sport, through proper synchronization of mind.
- Mental gymnasium and beauty centers

### 4- KEYBOARD DESCRIPTION AND MEGABRAIN XP FUNCTIONS



- PL1 VOLUME UP (**Increase**)
- PL8 VOLUME DOWN (**Decrease**)
- PL2 BRIGHTNESS UP (**Increase**)
- PL3 BRIGHTNESS DOWN (**Decrease**)
- PL4 F1 UP Program (**Next**)
- PL5 F1 DOWN (**Anterior**)
- PL11 F2 (Pitch/Noise) TYPE SIGNAL SELECTION (**According to program, see explanations Sonic**)
- PL9 START/STOP
- PL10 BIO (**XP3 version only**)
- PL6 PAUSE
- PL7 ON / OFF

The volume and brightness do not act until it is running a program.

Volume levels of 1-8 (steps one-in-one) by default appears at level 4

Brightness levels of 1-9 (steps one-in-one, applied at intervals of 1 second) by default in 9

Before starting a program select the program number using the F1 key, depending on the model:

- From 1 to 72 + waves: delta, theta, alpha, beta-h beta-m, -l beta, gamma. 1-48 programs have therapeutic utility and its features and utilities, are explained in this manual. 49 to 72 programs are auxiliary programs and serve to prevent tolerance for prolonged use. (Eg whether to use the # 2 program on an ongoing basis to prevent the brain creates a tolerance to it, is desirable that every 4 or 5 uses another program from the auxiliary). From the program 72, shown on the dial the different waves (alpha, beta-m, etc..), Whose implementation is explained on page 22 of this manual.
- This unit is ready to incorporate into future PC software, which is being developed and will create a user program ("**user**"). You can also use the BIO program connecting the appropriate sensor, when this, in future, be developed.

Once embarked on a program between 1 and 72 the key F1 is used for selecting the source audio signal that follows the rhythm and the phase indicates that the chosen program, may choose between white noise (NOI) and wave sine (PITCH) with a variation range between 200 and 500 Hz

If you have selected one of the frequency ranges of delta, theta, alpha, beta h-, beta-m, l-beta, gamma, can be selected by F1 (NOI), (FREC) (PHAS) and (PITCH) , FREC being the value that can be selected within the frequency range of each of the types of selectable wavelength.

When you activate a program, a few seconds the display indicator is turned off leaving only the LED's activated by following the rhythm and/or video in order to reduce consumption and extend battery life. For the same reason when the computer works only with batteries to 3 minutes to complete the program if elected and is not activated any keys disconnects automatically, with feeder connected remain connected to voluntarily stop using the push-button ON/OFF

## 5- PROGRAM CONCEPT

A program is the result of combining a range of frequencies over a given period of time. According to the structure and value of the frequencies and the time during which they are released there will be effects.

The Megabrain BRAIN XP automatic operating system is composed of 35 of these programs. Each has been designed with a specific structure to obtain concrete results. To better understand how the system works, we will resort to a graphical representation.

Given that our synthesizer emits frequencies between 1 Hz and 25 Hz for the basic program of 30 minutes could be the following:

**Slight relaxation program.** The synthesizer begins to emit a high frequency of normal activity. Gradually the frequency goes down to take up to Alpha waves (12 Hz), which corresponds to a light state of relaxation. At the end of the frequency back up to restore back to our normal level of activity.

**Program of deep relaxation.** The frequency is 8 Hz (low alpha waves), which corresponds to a state of deep relaxation.

**Insomnia program.** The program itself begins emitting waves of the waking state. The frequency goes down to lead the Delta waves (waves of deep sleep). Of course as the program's objective is to sleep at the end there is the rising frequency of the above.

**Program of concentration.** The objective here is radically different. This is "going up" our brain activity, to achieve an optimal level of functioning (concentration). This program will be indicated in the case of being in a state of "weakness" of mind.



## 6- STIMULATION METHOD CONCEPTS

The multi-oscillator, controlled by the microprocessor Megabrain BRAIN XP emits light and acoustic signals following four different codes. Each of them known as: "mode of stimulation".

These modes of stimulation are combined along with the program and highly complex structures studied, in order to increase or decrease the intensity of stimulation in certain parts of the cerebral cortex, this will optimize the impact of the program.

## 7- PROGRAMMING BLOCKS

The Megabrain BRAIN XP account in their programming of these sequences with 72-time-frequency stimulation to the way we have called programs, including:

- Relaxation
- Learning
- Psycho-cybernetic
- Creativity
- Meditation
- Holistic thinking and mental clarity
- Scanner programs

Alongside these variables programs there is the possibility of selecting 9 programs a fixed frequency (the user selects the desired frequency in the chosen mode of stimulation, synchronous or alternate, and it remains unchanged throughout the program)

## 8- CONTROL CONSOLE AND CONNECTIONS SYSTEM

## 9- STARTING AUTO FUNCTION

### STARTING AUTO FUNCTION

1. Connect the power supply
2. Push On / Off
3. Connect the headphones
4. Connect the glasses
5. Adjust the brightness and volume.
6. Select the program by pressing the keys. You can search by small strokes or press on a continuous basis, so that the indicators on the display indicator will move at high speed. Stop pressing once displays the reference indicator of the program you wish to run.
7. Conveniently placed (during the first sessions better lying wholly or partially) The meetings must be made with eyes closed, the lid serves as screen. The program will automatically disconnect your completion.

***WARNING:*** the eyes should always be closed during the program, it is necessary to select a brightness level which does not produce glare.

## **10- CRITERIA FOR USE OF PROGRAMS MEGABRAIN UNITS - BRAIN XP SERIES**

### **11- RELAXATION BLOCK (Programs 1 to 8)**

#### **PROGRAM 1 – INITIATION'S RELAXATION PROGRAM:**

Initiation program to the system, very smooth. Specifically designed to serve as a transition to other auto-system programs. Its prior use is not imperative but it is advisable if during the first sessions, changes and light effects from other programs would be too abrupt

#### **PROGRAM 2 - RELAXATION 2:**

Slight relaxation program. Composed of highly dynamic structures in the range of alpha waves high. The goal: to get some relaxation and muscle but not disassociate at any time of the surrounding reality.

#### **PROGRAM 3 - RELAXATION 3:**

Deep relaxation, complete muscle relaxation.

Predominance of low Alpha waves range. Top-off with the outside world. Excellent program to start in the electronic relaxation.

#### **PROGRAM 4 - RELAXATION 4:**

Deep relaxation. Complete muscle relaxation. Interiorization of consciousness but without causing drowsiness.

Excellent program to use after an hectic day or after strenuous physical effort. Reparative effect of the nervous system, increasing the speed of absorption of lactic acid (excellent to avoid "shoelace" in athletes). The program suitable for use both in combating the effects of stress, (3 or 4 sessions a week usually in cases of permanent or pathological stress, or 2 sessions a day).

#### **PROGRAM 5 - RELAXATION 5:**

Program sleeping. Drive slowly from a low Beta waves Delta waves. We must take care not to fall asleep with the connected equipment; glasses can be damaged from the movements of sleep. Unplug your computer when you start to be aware of the drowsiness that precedes sleep.

#### **PROGRAM 6 - RELAXATION 6:**

Program sleeping. Shows, compared to the previous, a different structure. The user must determine testing which of the two systems will be more effective.

#### **PROGRAMS 7 AND 8 - RELAXATION 7 AND RELAXATION 8:**

Two typical anti-stress of short duration.

Should only be used in situations of high tension or nervousness when available shortly and it is necessary to regain composure.

Ideal for use before a review of an important meeting, or as a "mini break" between working sessions strained.

The user should try both and choose the programs that make it more effective.

**COMMENTS:** The effects of light and sound machines are ultimately a subjective component. Individual characteristics and presents the experience can vary considerably from one to another. Use the directions for programming suggestions but remember that you must practice and testing to determine the most effective programs for your goals.

## 12- LEARNING BLOCK (Programs 9 to 14)

### **PROGRAMS 9, 10 AND 11 - SAVING PASSIVE VERSION I, II AND III**

Programs 9 and 10 are directed to any area of study in general, the program 11, is more suitable for language learning.

### **PROGRAM 12 - BREAK BETWEEN SESSIONS OF STUDY:**

Program refreshing to be used when our attention is too saturated. Ideal for use every two hours of study by the traditional system.

### **PROGRAM 13 - CONCENTRATION:**

Stimulation program. Its structure is the range of high Beta waves. Should be used where it appears attention lapses and starts to be difficult to centre the mind in the field of study.

### **PROGRAM 14 - ENERGIZATION:**

Stimulating program of high intensity. Program designed to combat mental sluggishness and lack of motivation.

The combination of a short relaxation program, then this program can generate a "spark" that we put in place in those times when we suffer for any reason, a mental block.

## 13- UNDERSTANDING THE DREAM VERSION I AND II (Programs 15 and 16)

### **PROGRAMS 15 AND 16**

These two programs have as a fundamental characteristic theta activity in all modes during the middle and final stage.

Be used after conventional study to improve the setting of the contents in memory. Could be used which is studying the night before the exam and for reasons of time is not going to spend at least 6 hours of sleep to rest. In these cases we can greatly help to fix this "latest data" accumulated that can produce such unfortunate results in examinations.

## 14- PSYCHO-CYBERNETIC BLOCK (Programs 17 to 20)

These programs are designed to lead you to a mental state in which the rescheduling is effective behavioural.

### **PROGRAMS 17 AND 18 - CHANGE OF HABITS I AND II:**

Ready for the time you use your computer to listen to a recorded tape to change the habit: smoking, obesity, etc.

The 17 is deeper than the 18.

### **PROGRAM 19 - AMENDMENT OF PERSONALITY:**

To reinforce the personality: fears, phobias, shyness, and so on. Should be accompanied also tape recorded.



#### **PROGRAM 20 - SELF-VISUALIZATION:**

During this program you can strengthen, visualization in your mind, you want to transform the situation, seeing as he wants to occur. Applies to correct technical gestures in sport, athletics, golf, shooting. Facing personal situations, lectures, competitions, interviews, etc.

### **15- CREATIVITY BLOCK (Programs 21 and 22)**

Creative programs Megabrain BRAIN XP are a combination of relaxation and stimulation.

Their structures are extremely dynamic and the most complex visual effects of the program.

Can be used as an alternative to non-systematic treatments for stress, but its practical nature is the search of the "spark" of inspiration that sometimes we all need.

It is advisable to use with music.

#### **PROGRAM 21 - CREATIVITY VERSION I**

Specially designed for use while performing an artistic or creative work, drawing, writing, painting, composing music, sculpting, as well as complex mathematical problems are solved or simply need to face a problematic situation that requires what we call a "happy idea" to resolve it. Ultimately it is about creating a pattern of brain functioning that allows us to provide the maximum of all our creative resources.

#### **PROGRAM 22 - CREATIVITY VERSION II**

Reinforcement of the previous meeting then can be used at the end of version I.

### **16- MEDITATION BLOCK (Programs 23 and 24)**

Programs for relaxation and especially the deep disconnect with everything that surrounds us. Ideal for beginners in the practice of meditation. It may be interesting during the first session using suitable background music for the meditative process. (New Age Music for example).

#### **PROGRAM 23 - MEDITATION**

#### **PROGRAM 24 - DEEP MEDITATION**

### **17- HOLISTIC THOUGHT AND MENTAL CLARITY BLOCK (Programs 25 to 30)**

This block includes the most powerful programs Megabrain entire system.

#### **PROGRAMS 25 AND 26 - MENTAL CLARITY I and II:**

These two programs of similar structure but with different lengths, are designed to achieve maximum functional activation throughout the brain. Working with relatively high frequencies and aims to help users analyze and solve problems. While in the rest of the programs the user's mental attitude is completely passive, we need to keep the mind awake and think, in the same way you would without the unit but this time we will have an electronic ally gradually going to put our mind in the best condition for the maximum possible performance.

#### **PROGRAMS 27, 28 AND 29 - HOLISTIC THOUGHT, Version I, II and III:**

Holistic thought is a form of superior thought to that reached by integrating all areas of cognitive and intuitive mind. The programs of the series combine holistic all modes of stimulation, but this time at lower frequencies, for a greater degree of introspection. These are programs of experiences, emotions, sensations, version III may lead to certain hallucinogenic effects completely safe (images hypnagogic parade before our eyes like a mental movie).

### **PROGRAM 30 - HYPNOTIC HOLOGRAMS**

Hypnotic images, memories, fantasies. Induces the theta state and the fantasy associated with geometric images, useful for regression and evoke memories and memories of childhood.

## **18- SCANNER BLOCK (Programs 30 to 34)**

These programs take a saw tooth structure very moderate. Are dedicated to those users who do not pleased with the programs overly abrupt changes.

**PROGRAM 30 - SCANNER 1: Concentration**

**PROGRAM 31 - SCANNER 2: Light Relaxation**

**PROGRAM 32 - SCANNER 3: Relaxation half**

**PROGRAM 33 - SCANNER 4: deep relaxation**

**PROGRAM 34 - SCANNER 5: Sleep**

## **19- FIXED PROGRAMS BLOCK (Programs 35 and 36)**

### **PROGRAM 35 - PROGRAM OF LOW FREQUENCY.**

It emits a constant frequency and with no fluctuations. Its visual effects are naturally of great monotony. Can be used to investigate our reactions to specific frequencies. Also as a short introduction to other programs or to "wake up" after a long program of relaxation.

### **PROGRAM 36 - INSOMNIA**

Program to sleep or access to the state of drowsiness preceding it. Some people find this system more effective than programs of insomnia auto. It can also be used to achieve a more rapid relaxation but never more than 7 or 8 minutes, maximum 10, as of this time begin to produce drowsiness

## **20- SONIC FUNCTION (Programs 37 to 40)**

The Sonic function is the second computer operating system. Although their objectives are similar to programs of light and sound machines, functioning from both a technical standpoint, as physiological, is different.

This function is used only sound to induce the mental state in optical line with the task to be performed.

The system used is called binaural pulse, a procedure developed by Robert Monroe in the USA, whose effects are well known for its efficiency and results widely tested.

Sonic enabled, the computer emits a frequency that is almost inaudible sound masked by the white, using stereo headphones come with ear two different frequencies which have a calculated level of mismatch, the difference between the frequency received from left and right ear, in our brain produces a phenomenon of resonance, which encourages them to adapt to the pace from the difference and synchronize with it..

Example:

You use one of the Sonic, in the right ear receives a frequency of 400 Hz in the left ear and a frequency of 402 Hz. From these data we can calculate that the user will receive a ghost FFR (differential frequency) , equivalent to the absolute value of the difference between the two frequencies received. In this case the result is 2 Hz to hemispheric synchronization, i.e. Delta waves: sleep induction.

### **STARTING THE ROLE OF SONIC**

1. Connect the power supply
2. Click the button On / Off
3. Pulsar Pitch / Noise, and verify that the warning light is lit
4. Connect the headphones
5. Adjust the volume
6. Select one of the four Sonic Once displays reference program we wish to execute, press the button again and it will start its operation.

### **COMMENTS**

The Sonic system should be used primarily in those circumstances in which the user wants to use the light and therefore cannot use glasses.

It is also recommended to start using the system Megabrain for those who may find at first, too aggressive, the flashing visual stimulation.

These programs have no time limitation. They can even be used for several hours if necessary and without causing any detrimental effect on the contrary, with its intensive use we educate our brain, so that it gets to come with increasing ease and speed in a productive state of hemispheric synchronization.

### **CLASSIFICATION OF PROGRAMS BY ITS EFFECTS...**

#### **RELAXANTS:**

- Relaxation Block
- Learning Block
- Psycho-cybernetic Block
- Meditation Block
- Scanner Block

#### **STIMULANTS:**

- Learning Block
- Holistic thought Block
- Scanner Block
- 

#### **AMBIVALENCE:**

- Learning Block
- Psycho-cybernetic Block
- Creativity Block
- Meditation Block

- Holistic thought Block

## **CRITERIA FOR USE OF THE SONIC**

### **PROGRAM 37 - DREAM:**

Program to sleep or access to the state of drowsiness preceding it. Some individuals have informed for this purpose, this system will be more effective than programs of insomnia auto. It can also be used to achieve a more rapid relaxation but never more than 7 or 8 minutes, maximum 10, as of this time begin to produce drowsiness.

### **PROGRAM 38 - CREATIVITY:**

Specially designed for use while performing an artistic or creative work, drawing, writing, painting, composing music, sculpting, as well as complex mathematical problems are solved or simply need to face a problematic situation that requires what we call a "happy idea" solved pair. Ultimately it is about creating a pattern of brain functioning that allows us to provide the maximum of all our creative resources.

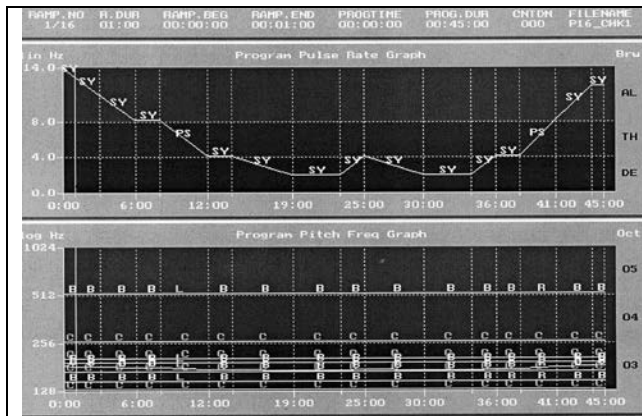
### **PROGRAM 39 - RELAXATION**

To get a slight relaxation without the visual team, waits before a review of a job interview before a speech, before an important meeting and in general any circumstance that may cause excessive nervousness or over - that could harm the user, is the specific use of this program.

### **PROGRAM 40 - CONCENTRATION**

Its purpose is to increase and maintain stable and the standard deviations without care, it is useful to be used while reading or studying for long periods of time. After the first few minutes of adaptation to white light pulses of sound, resulting in concentrated reading and optimal focusing of attention on this area of study.

## 21- CHAKRAS' BALANCE BLOCK (Programs 41 to 47)

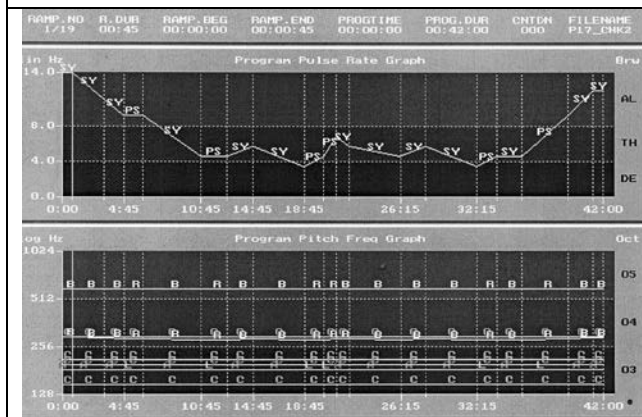


### Program 41 CHAKRA#1

TOTAL TRACKS=16

44 min., Use delta, Frequency 262 hertz

**CHAKRAS BALANCE Nº 1:** Balanced low-Chakra enhances survival instinct and creates a physical earthly consciousness. Leads to the functions removed from the body.

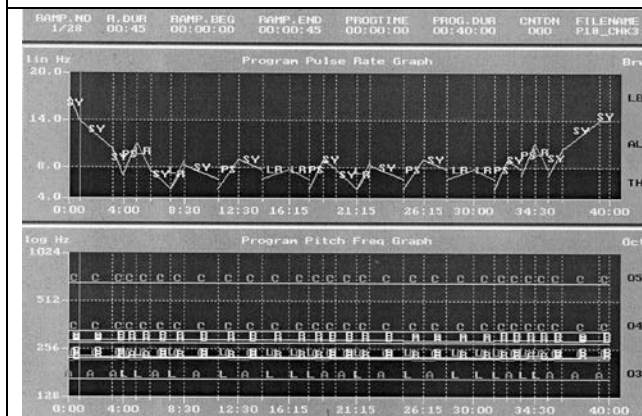


### Program 42 CHAKRA#2

TOTAL TRACKS=19

42 min. theta low, Frequency 29,4 hertz

**CHAKRAS BALANCE Nº 2:** Balancing the sacrum and spleen Chakra No. 2 represents sexual energy and polarity. Governs the self-esteem and creativity active reproductive functions of the body.



### Program 43 CHAKRA#3

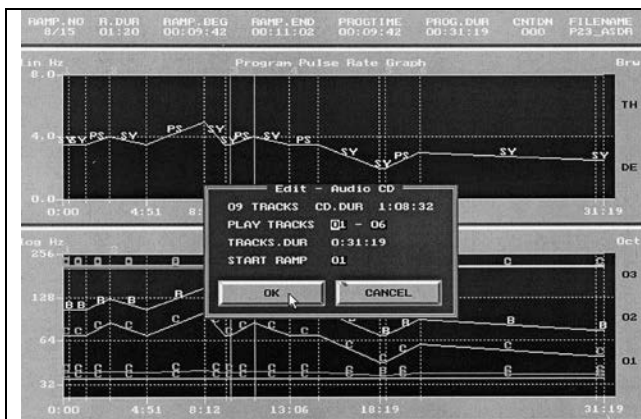
TOTAL TRACKS =28

40 min. theta high, Frequency 330 hertz.

**CHAKRAS BALANCE Nº 3:** Balancing the solar plexus Chakra No. 3, is the seat of emotions, sensitivity and personal power. Digestive functions of the governing body.

<div> <div> RAMP NO 1/16 R.DUR 00:30 RAMP.BEG 00:00:00 RAMP.END 00:00:30 PROG.TIME 00:00:00 PROG.DUR 00:38:00 CMTDN 000 FILENAME P19_CHK4 </div> <div> Program Pulse Rate Graph </div> <div> Program Pitch Freq Graph </div> </div>	<div> <b>Program 44 CHAKRA#4</b> </div> <div> TOTAL TRACKS =16 </div> <div> 38 min. alpha low, Frequency 349 hertz </div>
	<div> <b>CHAKRAS BALANCE Nº 4:</b> Balancing the heart, thymus Chakra No. 4, is the center of the soul, the lover of harmony and peace. Governs the flow of blood, the immune system and lungs. </div>
<div> <div> RAMP NO 1/16 R.DUR 00:30 RAMP.BEG 00:00:00 RAMP.END 00:00:30 PROG.TIME 00:00:00 PROG.DUR 00:36:00 CMTDN 000 FILENAME P20_CHK5 </div> <div> Program Pulse Rate Graph </div> <div> Program Pitch Freq Graph </div> </div>	<div> <b>Program 45 CHAKRA#5</b> </div> <div> TOTAL TRACKS =16 </div> <div> 36 min. alpha medium Frequency 392 hertz </div>
	<div> <b>CHAKRAS BALANCE Nº 5:</b> Balancing the throat Chakra No. 5 represents communication, expression and opinion. Controls the vocal cords, breathing and metabolism. </div>
<div> <div> RAMP NO 1/15 R.DUR 00:30 RAMP.BEG 00:00:00 RAMP.END 00:00:30 PROG.TIME 00:00:00 PROG.DUR 00:34:00 CMTDN 000 FILENAME P21_CHK6 </div> <div> Program Pulse Rate Graph </div> <div> Program Pitch Freq Graph </div> </div>	<div> <b>Program 46 CHAKRA#6</b> </div> <div> TOTAL TRACKS =15 </div> <div> 34 min. high alpha, Frequency 440 hertz </div>
	<div> <b>CHAKRAS BALANCE Nº 6:</b> Balancing the forehead (third eye) Chakra No. 6 is the center of the view, and the viewing direction. Governs the eyes, ears, nose and teeth. </div>



**Program 47 ASTRAL DREAMS**

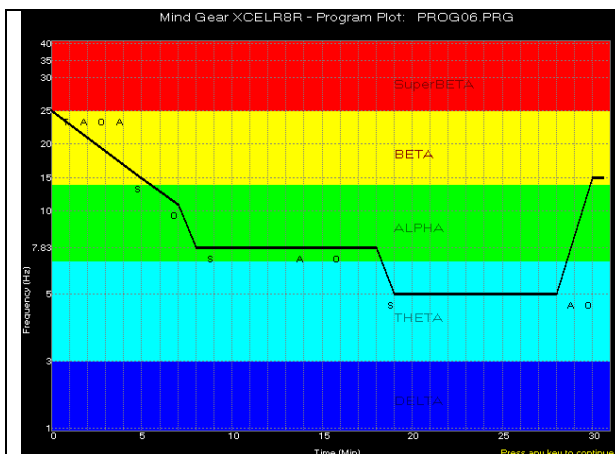
TOTAL TRACKS=15

31:19 min., white noise Mystic Frequency.  
2,00 - 5,00 hertz

**Important Note:** The initial duration of this program, while retaining its sequence has been reduced to around 15% to avoid excessive dissociative effects, thus the duration is less than 5 minutes

**ASTRAL DREAMS:** Ambient Music, Sounds Psycho-Acoustic synchronization session. playing tracks 1-6 primary atmospheres "clear copy" of the sun

## 22- ANTISTRESS BLOCK (Program 48)

**Program 48 For big stress (Alpha)**

TOTAL TRACKS=19

30 min., Use Frequency 25 -7.83 Hz

**P06 Creating Creative:** Creative Inspiration Induces a state of high creativity and imaginative thinking. Useful for solving problems and synchronize hemispheres.

### AUXILIARY PROGRAMS:

## PROGRAMS 49 TO 72

These programs are used to supplement the main programs, in cases of prolonged therapy to prevent brain generates tolerance. This was used either of them, every 4 or 5 uses the main program being used for therapy

### 23- BIOFEEDBACK SYSTEM IN MEGABRAIN UNITS - MEGABRAIN XP SERIES (Only XP3)

Training in Biofeedback is a procedure that allows us to tune our body functions and to control them through an apprenticeship. Without such training, we could not receive feedback from our internal world, information needed to master the aspects of our conduct.

Without this information we are in the same way that the character of our example, since we could not see the results of our surveys in the interior space.

In a typical training session bio-information, it provides this information back to the subject, connecting with a computer or an amp signal to your body, resulting in readily observable signs. A lamp is lit, the movement of a needle, a sound, etc.. As individuals, you can "hear" or "see" his or her brain waves or psycho galvanic response or heart with the information you need to start to control them.

We use in our daily lives as the regular feedback they rarely fall in view of the extensive and important that is. However, as noted by an eminent studios: "Every animal is a self that owes its existence, stability and most of his behaviour retro informative controls". Only when we are suddenly deprived of the opportunity to receive regular information about our events, for example, the case of a blindness, understand its tremendous value to our livelihood.

As indicated **J. V. Basmajian** the bioinformation technique is to use a computer in order to reveal to man some of the internal physiological phenomena normal or abnormal, in the form of visual and audible signals, and to teach them to control these phenomena that otherwise would be involuntary. **A. Noomberg** of **Knet State University** in his book **Clinical Applications Biofeedback in Behavioral Medicine**, bioinformation defines as "a technique that increases a person's ability to control the physiological activities voluntarily for the fact of providing information about such activities".

Bioinformation as the technique is applied in very diverse areas within the fields of medicine and psychology. Support the extensive use of feedback techniques in cardiovascular, respiratory, neuromuscular, gastrointestinal, circulatory and psychosomatic illness in general and in dealing with stress.

### BIOFEEDBACK SYSTEM OF MEGABRAIN UNITS - MEGABRAIN XP SERIES (Only Future Models)

Our unit uses a GSR (Galvanic Skin Resistance), which measures the depth of relaxation, through fluctuations of the resistance to the passage of electric current on our skin. Relaxation between the electrical resistance of the skin and emotions is known since ancient times.

Studies on the emotional language of the skin dates back some 100 years, estimated at more than 50,000 researchers who have studied this phenomenon and concluded that the language of the skin is capable of revealing the hidden and unconscious aspects of the emotions that give rise to internal tensions nerve. This is the system used by the "truth machine" that what is actually detected the slightest emotional strain that creates the individual mind with the uncertainty of whether you can cheat the device.

Our unit incorporates a unique system that captures the multi-stress and then returns to the user informing him of their actions and reactions through two feedbacks: the speed of light and speed the pace of sound. A faster more voltage, less voltage at lower speeds. The system is ideal for training in techniques for emotional control and learning of active relaxation.

In the following pages to delve into this complex but fascinating Bio role that can help us overcome our fears and apprehensions.

### 23- BIOFEEDBACK OPERATION IN MEGABRAIN UNITS –MEGABRAIN XP SERIES (Only Future Models)

To activate the Bio feature in the Megabrain MEGABRAIN XP, follow these steps:

1. Connect the equipment
2. Push On / Off
3. Select Bio, the warning light will illuminate
4. Place the sensor in the index and middle fingers. With the metal in contact with the fingertips. Insert jack connection. *(In development)*
5. Connect the headphones and place
6. Wait about 1 minute to stabilize the sensitivity of the computer user.
7. Press Bio once again, the screen flashes and informative indicator of the initial difficulty level of the user is fixed on the screen information

From here you can begin to practice relaxation, check that:

When this occurs, the scale of the leds are off and the sound becomes gradually slower. Which stabilizes at a frequency of 1 Hz (only the last LED is lit) can be considered due the difficulty level. You can continue with this process, you will need to return to complete the bar pressing leds (9), bringing the number of the lower screen information (the level of difficulty therefore increase). Their progress will be overcome in increasing amount of difficulty levels, based on its initial level. Observe the relationship between your emotional state and the response of light and audible plus relaxation fewer LEDs and sound slower, the number on the screen and more informative low. Verify that your thoughts influence the emotional response, think of a peaceful quiet place, a forest, the beach, the shore of a lake, breathe slowly and calmly, relaxing, and the leds are distended down, the sound slows. A situation or thought that create to you anxiety or tension, it makes sound and leds go.

The user has to establish a relationship between what we think and the information receive from the unit for later in life, to control your emotional response, making and thinking the same things is teaching the BRAIN XP Megabrain computer to get the answers and get them thinking in stressful situations before it, (did raise leds and sound) now maintain the same noise level.

The level of difficulty or stress level reflected in the individual display of information is not comparable between different persons and variable during the day.

### 24- F.F.R. EFFECT

Independently of these experiments, **Robert Monroe**, one of the most outstanding scientists in the sound sector with neurological efficiency, devised the **METHOD HEMI-SYNC: (Synchronization of the cerebral hemispheres by means of sounds)**. The same as a glass resonates when a pure tone, the brain is emitted it resonates when receives certain frequencies of waves, being synchronized with these, (similar to the previous with the flashes of light) effect that is known as **FFR (Frequency Following Response)** (pursuit answer to a frequency).

It is simple, by means of stereo headphones are sent sound signs separately to each hearing, for example 2 signs of 300 and 304 Hz., in a hearing it will only be listened the sign of 300 Hz and with the other one only that of 304, but since the sounds combine inside the brain, this will listen a third sign of 4 Hz that is the difference among the two sound impulses.

This third sign is not an audible sound, but an electric sign that only it can be created by the cerebral

hemispheres acting to the unison, and it can happen inadvertent, taking place as a result that the two hemispheres focuses simultaneously in the same state of conscience, increasing this way the cerebral power.

## 25- INVESTIGATIONS

Toward 1950 the neuroscientist **W. Flock Walter** carrying out experiments, in those that used strobe apparatuses to send rhythmic flashes of light to the eyes, observed astonished that the twinkling of the light could alter the activity of the whole cerebral bark, and instead of exclusively the areas associated with the vision. The subjective experiences of those that received the flashes were even more curious they related to have seen ***"lights like comets, ultra fantastic colors, color mental"***.

On the other hand, Walter discovered that certain visual stimuli of a certain frequency, they could make that the brain responded being adjusted quickly to the same frequency of the stimulus that received..

10 years ago the neuropsychiatrist of **Cleveland, Dr. Denis Gorgges**, carried out the synthesis of these discoveries and applying the most avant-garde technology, he designed the first apparatus of stimulation optic-acoustics..

The fact that it was able to promote, according to your inventor ***"an increment of the capacities and functions of the human mind"*** untied an investigation movement and experimentation without precedents, catalyzed by **M. Hutchinson** through your famous book **Megabrain** that is developing inside and outside of universities from all over the world.

A dozen of solid studies on this type of apparatuses is being carried out in nine North American universities, in areas that include education and learning, abuse of substances, gerontology, pharmacology and physiology, as well as reduction of the pain. In Europe, in the university of Vienna, a special subject has been created to deepen in the study of these apparatuses **CEREBRAL HEMISPHERES**.

The neurological investigations in the last 15 years, they have shown that our cerebral hemispheres work independently. Each hemisphere picks up the same information that its sensors (eyes, hearings, pleasure, tact, and olfaction) and it processes it in a different way. Our thoughts outline this influenced by the prevalence of the left hemisphere, logical and analytic thought. Right hemisphere, creative thought, visualization, and it is the one that carries out a holistic synthesis. In the later part of the brain it is where the intuitive thought resides (subconscious).

Evidently to use one of the two hemispheres or one or another of the cerebral regions, limits our capacities seriously. The good operation of our brain, comes given by the synchronization of the two hemispheres: By means of the stimulation alternating left-right and before-behind, takes place almost simultaneously, an emission of cerebral waves of identical width and frequency. In this way it is possible **TO THINKING WITH ALL OUR BRAIN**.

Other scientists have demonstrated that the users of stimulative optic-acoustic as the **Megabrain** they can drive both cerebral hemispheres to a synchronization state that allows them to improve: the memory, the intelligence coefficient, concentration, sensorial sharpness and creativity, among other things.

The **Megabrain**, only has exclusively a reserved analogy to the practitioners of the meditation, yoga and other inner techniques. The ZEN monks in the university of Tokyo and previously, with yogis in the India, they showed that during the meditation appeared a predominance of waves alpha and theta in their encephalograms. During the relaxation state and meditation, the cerebral waves of fields hemispheres, generally not linked, they changed and they moved, with one only and synchronous rhythm that was characterized by their coherence.

The result of this harmony, among the hemispheres, is to prepare of our it authenticates capacity, achieving this way, the possibility of deep relaxation combined with serenity, well-being, mental clarity,

self-control, creativity, as well as the increase of the intellectual functions.

## 26- THE BRAIN CAN GROWS

The brain is comparable to a muscle that we can stimulate and to develop.

The experiments carried out by the **Dr. Marck Rosenaweig** in **V.C. Berkeley**, they have demonstrated that the brain, through external stimuli can grow and to be developed permanently and that should not necessarily deteriorate with passing of the time. **Resenaweig** placed groups of rats in different ambient and then he compared the results.

The first group was maintained in a poor environment in external stimuli. A second was provided certain quantity of stimuli: game partners, labyrinths, cylinders. As was waiting, the second group obtained better results in the intelligence tests.

But the most surprising thing was when the investigators measured and they weighed the brains of the rats: The brains of the second group, the most clever rats, they had grown and livestock weight. New synapses had been created, the connections among the neurons had multiplied. This study ruins the well-known hypothesis according to which our neurons die one after other and our brain ages hopelessly.

These results were so extraordinary that, investigations carried out by other laboratories confirmed them and they were still further on. They found that these answers to the stimulation happened instantly and not only in laboratory animals, but also in human beings.

In the neurobiologist's words **Gary Lynch**, of the **U.C. Irvine**, when the brain receives certain stimulation types-only a "beep" literally that short, the nervous circuits are activated..

## 27- RELAXATION, LEARNING AND CREPUSCULAR ZONE

When we couch in the bed, during a brief period of time in the one that are not awake neither completely sleeping, cross a twilight area that **Arthur Koestler** described as dream state. A lot of people even associate this sleepy state with images more fleeting and unbasted than in the dreams and compares it with a quick and jolting pass of slides. Great quantity of artists and scientists have attributed their creations and discoveries to these images visualized in the twilight state.

**Koestler** describes this way the process "When temporarily the conscious controls disappear, the mind is liberated of the repressions... At the same time they also enter in activity another type of images, belonging to more primitive levels of the mental organization. Recreating the twilight state, by means of the help of the **Megabrain** the psychologists are achieving important results in people's preparation to accept statements and inductions for a positive change of behavior. For it **Megabrain**, has recordings of **PERSONAL IMPROVEMENT** and **SPECIAL SOUNDS**. The recordings of improvement personal are since an element important cocktails with the use of any pattern of **Megabrain** you can achieve in each case, an accented answer.

## 1- MUSIC, SOUNDS AND PERSONAL IMPROVEMENT COURSES

### MUSIC

It is important that the music that is chosen for the sessions is of certain type, otherwise the effect **HEMI-SYNC** could diminish. Next we indicate some characteristics that it should complete the music that uses during the sessions.

**MUSIC TO AVOID:** Family music, music with too many percussion effects, lyrical music. To avoid the music that induces the person to move, music with abrupt changes of width, music that requires the listener's attention, and music of violins.

**MUSIC TO USE:** You can use any relaxation music, but although the offer in the market is very wide and in general of good quality, it should be attempted that doesn't have none of the characteristics described in the previous paragraph and if it is possible that is adapted to the purpose that is wanted, how for example those recorded by the authors **ARDEN & JACK WILKEN** (*Music to Change*).

### HEMI-SYNC SOUNDS COLLECTION

The **HEMI-SYNC** sounds collection, it is composed by three volumes:

Volume 1 - **MEGABRAIN SOUNDS** (Ref. HEMISINC1)

Volume 2 - **HEMISINC 2 SOUNDS** (Ref. HEMISINC2)

Volume 3 - **HEMISINC 3 SOUNDS** (Ref. HEMISINC3)

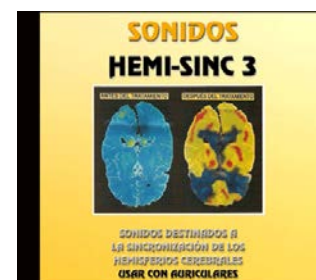
This collection "**HemiSinc Sounds**" and "**Megabrain**" is the culmination of recent investigations, that they assure that certain sounds can make that our state of spirit and the synchronization of our cerebral hemispheres, they can be corrected by means of some special sounds, created especially to achieve a state of ideal fullness.

This work is specially suitable to put it as bottom music in places where one works or a great concentration is required and also to help the children and bigger in its studies. Indispensable in the home, the work and while drives.

The loss by heart that behaves the age or neurological alterations, they can be overcome by means of mental techniques that they rejuvenate and they train the mind with simple techniques that you can learn.

#### IMPORTANT NOTE:

The sounds **HEMISINC**, due to the recording system that produces exits with different frequencies in each hearing, should be used with headphones to obtain the best results.





## PERSONAL IMPROVEMENT COURSES

**Megabrain**, it has designed twelve courses that can be used combined or separately of the units. These courses cover most of personal and used necessities of improvement in way combined with the units; they offer some highly satisfactory results. The mentioned courses, **only published in Spanish**, they are the following ones:

### CD 1 - THREE COURSES IN ONE CD



This CD contains the following courses:

- Rendimiento profesional
- Súper-concentración
- Superar la impotencia o frigidez.

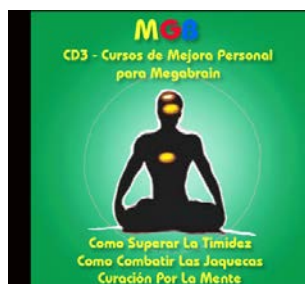
### CD 2 - THREE COURSES IN ONE CD



This CD contains the following courses:

- Combatir el estrés
- Adelgazar con control mental
- Materializar sus deseos.

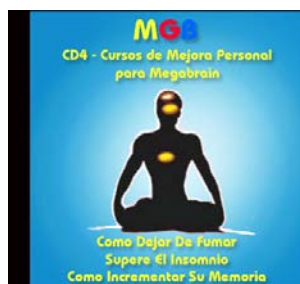
### CD 3 - THREE COURSES IN ONE CD



This CD contains the following courses:

- Como superar la timidez
- Como combatir la jaqueca
- Curación por la mente.

### CD 4 - THREE COURSES IN ONE CD



This CD contains the following courses:

- Como dejar de fumar
- Supere el insomnio
- Como incrementar su memoria.

## GRILL OF COMPATIBILITY OF COURSES AND PROGRAMS

PROGRAMS	COURSES	01	02	03	04	05	06	07	08	09	10	11	12
MEDITATION													
CONCENTRATION													
RELAXATION													
INSOMNIA													
CREATIVITY													
ANTI STRESS													
ENERGIZER													
LEARNING													
HARMONY													
DREAMS													
BALANCE													
MEMORIES													



## TYPES OF WAVES AND THEIR DIFFERENT STATES

### ALPHA WAVES FROM 8 HZ TO 13 HZ

**HABITUAL STATE:** Relaxation and rest, in the frequency lower 8 Hz are where the phase of dream begins (dream).

**HABITUAL FEELING:** Total integration between the body and the mind. The subconscious one begins to appear.

### BETA WAVES FROM 14 HZ TO 30 HZ

**HABITUAL STATE:** This type of waves registers when the person is awake in a state of normal activity.

In superior frequencies to 30 Hz the individual passes to a state of STRESS in which the coordination of the ideas and the normal physical activity are seriously altered.

**HABITUAL FEELING:** To be all the senses overturned toward the exterior, the restlessness, the fears, and the stress can accompany to this state.

### DELTA WAVES FROM 1 HZ TO 3 HZ

**HABITUAL STATE:** It arises mainly in the deep dream, in very strange occasions it can be experienced being awake unless with a very hard training or with a synchronizer of hemispheres like the **Megabrain**.

**PSYCHICAL STATE:** Corresponds to sleep without dream, to the trance, deep hypnosis. The waves Delta are of great importance in the healing processes and of invigoration of the immune system.

### THETA WAVES FROM 4 HZ TO 7 HZ

**HABITUAL STATE:** During the dream or in the deep meditation, autogenous training, yoga (whenever the formations of the subconscious one act).

**PSYCHICAL STATE:** Plastic memory, learning capacity, fantasy, imagination, creative inspiration.

### MEGABRAIN COMMITMENT

The **Megabrain** units, has been subjected to exhaustive and meticulous tests for what is guaranteed that the units synchronizers have gone with satisfactory result the severe control of quality to which undergo, by what are prepared to work in all the types of waves described here. It will allow you to to reproduce to will the characteristic mental states of the different mental states

## 2- WARRANTY

### WARRANTY CONDITIONS

**Megabrain Systems, S.L. (Megabrain)**, guarantees its units during 2 years from the date of acquisition of the product, in all its parts, against material defects and of manpower. The 2 year-old guarantee understands all the internal parts of the team, doesn't include its peripherals as binaural glasses, transformer, headphones and cables.

The mentioned guarantee, it is limited to the parts specifically manufactured by **Megabrain**.

**Megabrain** will substitute the product or anyone on its behalves that has not completed that specified in the guarantee, for a unit or new pieces without any cost for the consumer, (except the transports until and from the local of our technical service that are in charge to the client).

In case the unit failed inside the first 12 months of use, the substitution of the unit will be immediate.

Should have in consideration that all the repairs, they will be carried out by the qualified personnel of our Technical Service.

Don't put the team in places with excessive humidity, neither under the sun or near sources radio stations of heat.

If the unit doesn't work, disconnect the cable of the electric net and consult immediately with the technical service or with the distributor. Don't disassemble the covers, in the interior there are not repairable parts for you.

It is recommended to connect the unit to a plug where have easy access.

The units **Megabrain**, are endowed with an unique identification number that goes recorded digitally in all its components, for which is identified as owner of the guarantee, the holder of the purchase reflected in the invoice or purchase voucher.

### THE GUARANTEE WON'T BE VALID

If the unit is not operated of agreement with the INDICATIONS specified in the User's Manual

If the suitable warnings have not been observed to the User's Manual

If it has suffered an irreparable and serious deterioration for attributable causes to the user

If it has been connected to a nominal voltage different to indicated one or they have been used feeding sources different to those given

If the apparatus has been altered or attempted to repair for personal unaware to the Technical Service of **Megabrain**